

# COVID-19 FEEDING VOLUNTEER

## Safety Tips

- 1) Do not volunteer if you feel sick, or within the past 14 days have been around people who are sick, visited an area where COVID-19 was widespread, or are not practicing social distancing on a daily basis.
- 2) Go clean so you do not infect anyone else, just in case.
- 3) Wear washable clothes.
- 4) Wear a mask over your face (nose and mouth).
  - a. CDC has simple instructions for users of every skill level, but the T-Shirt face covering offers minimal protection compared to the other two methods.  
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
  - b. New York Times has an easy to follow guide to sewing a mask:  
<https://www.nytimes.com/article/how-to-make-face-mask-coronavirus.html>
  - c. The Huffington Post has multiple effective no-sew instructions, but Tutorial 3 will provide the greatest overall respiratory protection.  
[https://www.huffpost.com/entry/how-to-make-face-mask-from-fabric-covid-19\\_15e834a20c5b62dd9f5d628e8](https://www.huffpost.com/entry/how-to-make-face-mask-from-fabric-covid-19_15e834a20c5b62dd9f5d628e8)
  - d. Johns Hopkins has an easy to follow sewn mask guide.  
[https://www.hopkinsmedicine.org/coronavirus/\\_documents/INF2003076\\_VW\\_Hand-Sewn%20Mask%20instructions-1.pdf](https://www.hopkinsmedicine.org/coronavirus/_documents/INF2003076_VW_Hand-Sewn%20Mask%20instructions-1.pdf)
- 5) Take gloves just in case the host nonprofit is out.
- 6) Bring your own pen to sign-in in case this is required.
- 7) Stay 6 feet away from everyone in line, in the office, during volunteer shift.
  - a. Social distancing. <https://www.youtube.com/watch?v=XjfCeY4D2QI#action=share>
- 8) Wash your hands for 20+ seconds.
- 9) Put on food grade gloves.
- 10) Repeat washing and gloving sequence periodically.
- 11) Do not touch your face and if you do, repeat washing and re-gloving.
- 12) Make sure work area is cleaned every 30 minutes.
- 13) Stay 6 feet away from everyone.
  - a. Social distancing parody.  
<https://www.youtube.com/watch?v=XjfCeY4D2QI#action=share>
- 14) If needing to provide a box of food to someone during packing or loading, put it down on a raised surface and back away so they can pick it up safely.
- 15) When possible, deposit food into a trunk and close it.
- 16) If the trunk is open to the rest of the vehicle or if no trunk is available, put the food down on a raised service and back away so the recipient can retrieve it.
- 17) Make sure signs are available to instruct volunteers and recipients about safety procedures. If not, volunteer to make them for the organization.
- 18) When you leave, throw away gloves and wash hands.
- 19) When you get home, go straight to washing machine with clothes and shower to minimize any possible contamination with those in your home.